

Preparing for surgery: suggested items to bring

- Nightwear: Nightie or button-front nightshirt (for easy access); baggy shorts (better than pyjamas for managing tubes or drains).
- Cardigan/shawl: Easier to wear in bed than a dressing gown.
- Large, waist-high knickers: Soft, old ones are most comfortable.
- Flip-flops/slippers: Flip-flops for the shower; slippers prevent slips.
- Toiletries: Toothbrush, toothpaste, sponge, facecloth, cleansing and toilet wipes, hairbrush/comb.
- Eye mask and ear plugs: For better sleep in a noisy ward.
- Reading glasses
- Mobile phone and long charger: To reach the bed socket.
- Tablet/Kindle and earphones/headphones: Download films, books, etc., and bring a long charger.
- Books, magazines, and puzzle books
- Refillable water bottle
- Bottle of squash: May be easier to drink than plain water.
- Snack bars/treats: For when you miss a meal round.
- Essential/preferred food and drink items: Such as decaf beverages, and gluten-free foods.
- Peppermint tea bags, peppermint & lemon cordial, peppermint oil capsules, Wind-eze, or ginger biscuits: To ease bloating and wind.
- Polos, mints, chewing gum, or sweets: For a dry mouth.
- Medication
- Sanitary towels: Old-fashioned soft cover ones are more comfortable.

Going home

- Small 4-wheeled cabin bag: Minimises carrying bags.
- Loose-fitting clothes: Loose dress or tracksuit bottoms and top.
- Easy slip-on footwear: Avoid toe-post sandals due to compression socks.
- Pillow: For placing between your tummy and the seatbelt.